**Supplemental table 1**. Conceptual model describing the potential confounders in the exposure-mediator-outcome relationship.

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| **Potential confounders for the relation between:** |
| **physical workload and health behavior/BMI:** |
| * *sociodemographic factors, e.g. age, sex, education, marital status, and ethnicity* |
| * *health variables, e.g. subjective mental and physical health, chronic diseases* |
| * *work-related factors, e.g. working hours, number of years in current job, job demands, job control, job strain, rewards, social support, job satisfaction and work insecurity* |
| * *other health behaviors / BMI (not examined in the univariate analysis)* |
| **health behavior/BMI and self-rated health:** |
| * *sociodemographic factors e.g. age, sex, education, marital status, and ethnicity* |
| * *work-related factors, e.g. working hours, job demands, job strain, job satisfaction and work insecurity* |
| * *other health behaviors / BMI (not examined in the univariate analysis)* |
| **physical workload and self-rated health:** |
| * *sociodemographic factors e.g. age, sex, education, marital status, and ethnicity* |
| * *health behaviors / BMI, e.g. physical activity, BMI, smoking* |
| * *work-related factors, e.g. working hours, number of years in current job, job demands, job control, job strain, rewards, social support, job satisfaction and work insecurity* |